What is claimed is:

5

1. A method for controlling the speed of a vehicle, the method comprising the steps of:

causing the actual speed of said vehicle to track a desired speed; and,

driving a transmission of said vehicle to downshift to reduce said actual speed.

- 2. The method of claim 1, comprising the further step of additionally driving a brake system of said vehicle to reduce said actual speed.
- 3. The method of claim 2, comprising the further step of driving said brake system when an output quantity of a drive unit of said vehicle lies below a first value adjusted for an overrun operation in the instantaneous gear stage of said transmission.
- 4. The method of claim 3, wherein said output quantity is a drive torque.
- 5. The method of claim 3, comprising the further step of driving said transmission to downshift when said output quantity of said drive unit drops below a second value which can be expected to adjust for the overrun operation in the next lower gear stage.
- 6. The method of claim 2, comprising the further step of driving said transmission to downshift after a pregiven time after the start of driving said brake system to reduce said actual speed.

- 7. The method of claim 2, comprising the further step of driving said transmission for downshifting in dependence upon an accelerator pedal value.
- 8. The method of claim 7, comprising the further step of iteratively increasing said accelerator pedal value for a requested downshifting of said transmission.
- 9. The method of claim 7, wherein said accelerator pedal value is changed in dependence upon a difference between an initial deceleration request when activating said brake system and an instantaneous deceleration request of said brake system.